

1    CLAIMS

2    1.     I Claim a method for producing foods which maybe cooked in the presence of  
3    microwave energy comprising the steps of:

- 4            a) selecting at least one fryable food product;  
5            b) compressing the food product into a pellet with a surface and an interior;  
6            c) coating at least a portion of the surface with a microwave heatable substance.

7    2.     The method of claim 1 further comprising the step of enclosing the food product in a  
8    partially breathable cover.

9    3.     The method of claim 2 wherein the breathable cover is polyester.

10   4.     The method of claim 3 wherein the polyester is of a thickness between 70-100 gauge.

11   5.     The method of claim 1 wherein the food product is comprised of flour and starch.

12   6.     The method of claim 5 wherein the product further comprises water.

13   7.     The method of claim 6 wherein the flour is from a group consisting of potato, wheat, corn,  
14   bran, rice or combinations thereof.

15   8.     The method of claim 1 further comprising the step of selecting at least one flavoring and  
16   combining at least a portion of the pellet with said flavoring. (and wherein the flavoring is finely  
17   ground or concentrated)

18   9.     The invention of claim 1 wherein the step of compression comprises grinding the food  
19   product into a paste and mixing with moisture

20   10.    The method of claim 1 wherein the step of routing comprises coating the pellet with oil.

21   11.    The method of claim 1 further comprising the step of separating the pellets and  
22   microwaving the separated pellets.

23   12.    The method of claim 1 further comprising packaging a plurality of pellets, comprised of  
24   at least one first pellet and at least one second pellet in a microwavable container having a top and  
25   a bottom layer of heat resistant plastic.

- 1 13. The method of claim 12 wherein the container allows the passage of air but provides a  
2 moisture and heat barrier.
- 3 14. The method of claim 12 wherein the container provides a separating means for separating  
4 the pellets from one another.
- 5 15. The method of claim 14 wherein the separating means comprises at least one seal within  
6 the container between at least one pellet and at least one second pellet.
- 7 16. The method of claim 15 wherein the seal is comprised of a fold in the material.
- 8 17. The method of claim 14 wherein the seal is comprised of an adhesive between the top  
9 layer and the bottom layer of the container.
- 10 18. The method of claim 14 wherein the seal comprises at least one baffle extending from the  
11 bottom layer toward the top layer.
- 12 19. The method of claim 1 wherein the step of selecting comprises the step of selecting at least  
13 one second food product and coating the at least one second food product and with the at least one  
14 food product further comprising the steps of adding a second layer of product.
- 15 20. A microwavable pellet comprised of:
- 16 a) a milled flour;
- 17 b) a milled starch;
- 18 c) an oil coating.